

## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

In this chapter, the researcher presents the review of related literature. It concerns on the theoretical understanding as the references of this study. The topics will be discussed are culture, culture shock, stage of culture shock, cultural adjustment, adaptation strategies and foreign students.

#### **2.1 Culture**

##### **2.1.1 The Definition of Culture**

The word “culture” is still general and has a lot of meanings because it connects many parts together related to all function as one. Culture is involved in the entire way of life, especially in various tradition, customs, beliefs, foods. Therefore, every culture has a unique definition in every aspect and generally has a different definition of culture.

The general meaning of culture is something that is produced by human in order to establish and keep their lives in an environment. The researcher chose some definitions related to this research. According to Kurniawan (2012), culture defines an entire way of life which is complex in the whole system of ideas, knowledge and products of human in community life. In brief, it specifies design for living that has effectiveness with the social situation and a way to think about the social behavior. Every person who has studied about culture has a different definition of culture.

Samovar, et al., (2009) state that the term culture has a lot of meaning in the disciplines and different contexts. Therefore, culture is really meant in order to fulfill their needs, particularly in the way of life.

### **2.1.2 Elements of Culture**

The element of culture is defined into seven basic elements, such as beliefs, values, rules, symbols, technologies, languages, arts. Those elements of culture are related to the entire way of life. Samovar, et al., (2009) divide the cultural system into five elements of culture. The five elements of culture are *language, value, history, social organization, religion*. They are presented in the following:

#### **1. Language**

Language is a part of culture for people to communicate each other. Kearns (2017) states that language is a system of symbols that is combined words to become a meaningful. In brief, language is a set of symbols for people to communicate each other.

#### **2. Value**

Value is another part of the elements in every culture. According to Peoples and Bailey (as cited in Samovar, 2009) values are the basics to the maintenance of cultures as a whole because they represent the qualities that peoples' beliefs are essential to continue their way of life. In brief, values are people's beliefs about the goal of living that are delightful for themselves and their society.

### 3. History

Culture's history is the most essential element of culture because all cultures believe in an idea that history provides guidance in daily life. Samovar, et al., (2010) state that history is an outline that offers direction about how to live in the present and in society. Therefore, history is transmitted from generation to generation. People begin to perceive where they belong and help perpetuate a culture's worldview.

### 4. System of Social Organization

Social organization is a design of relationship between individuals and social groups. Therefore, every group of people is managed by customs. Social organizations represent the diverse social units that exist in a culture, such as families, governments, schools, and race. According to Samovar, et al.,(2010), it helps the members of a cultural group to handle their lives

### 5. Religion

Religion is an important part of our life for many people. The biggest reason that society needs religion is to determine behavior and also provide the followers of the faith with a set of values, beliefs, and provide guidance on how to respect different person. Religion can have great importance in a society, including culture and governmental style. Wilson (2002) states that religion is the effect of natural and cultural evolution with numerous value for group survival.

Those elements of culture are very important in our life, especially for people who are experiencing in culture shock and know more about the elements of culture. Every culture differs from others because living in different countries means that they will get something new from their new lives. The difference will be seen when someone goes abroad, such as American students will realize that eating food in the United States is different from Thailand. In general, Americans prefer a sweet taste or a little bit salty in their food. In contrast, most of Thai people like a hot and spicy taste in their food. Also, Thai people prefer eating warm food rather than cold food. On the other hand, American people admit eating food that is not warm such as sandwiches. Many other examples will be found when foreigners are in the host country.

## **2.2 Culture Shock**

### **2.2.1 Definition of Culture Shock**

Leaving in a new unfamiliar country makes people become strangers in the new country, in which persons are faced with a situation where they may experience concern. This situation can lead someone to become shocked and stressed. The word “shock” is the feeling of distress and disbelief that exist in particular with a new culture by something they consider unacceptable. This condition is caused by someone who will initially experience differences psychological and physical inconveniences from a familiar environment to an unfamiliar one. This experience is called culture shock. The term culture shock was first introduced by Kalvero Oberg in

1960. Oberg (as cited in Ferraro, 2002) defines culture shock as a transitory idea accelerated by the stress that outcome from losing all one's natural signs and symbols of social interaction. According to Cameron and Kirkman (2010), culture shock is a change of phenomenological experienced by the community since they find themselves incompetent to use known and recognizable social references to understand some aspects in a new culture (Milstein, 2005). The researcher concluded culture shock is strange and unaccustomed feeling that happens when people enter a new environment that is different from their familiar culture.

### **2.3 Stages of Culture Shock**

Oberg (as cited in Ferraro 2002) distinguishes culture shock into four stages: Honeymoon, Irritation, Gradual Adjustment and Biculturalism.

#### **1. Honeymoon Stage**

This stage usually happens in the first time since they arrived in a new country. At this stage, everything is fascinating and exciting. The trip seems like the greatest decision ever made. Foreign students in the honeymoon stage will show an ambitiousness to learn, positive thinking and all the perception are attentive, even foreign language is understood easily and spoken better than expected. Foreign students will be energetic and everything is fantastic because the differences between the origin's culture and the new culture are hardly understood.

## 2. Irritation

Irritation is the most difficult stage of culture shock in a new environment and probably familiar to anyone who lives in a new country. It may begin with a situation of negative experiences and problems. Foreign students feel frustrated because of the differences, and they start to complain about the host country such as communication problems. Therefore, this stage can affect in some symptoms such as difficulty in homesickness, anger, sadness, depression, exhaustion, and anxiety.

## 3. Gradual Adjustment

This stage happens when the foreign students can adjust to the host culture. The differences are not the problem anymore. Some of the languages become understandable and some of the problems in everyday living will be adjusted. Therefore, they feel comfortable in their home, although they are in a new culture and begin to accept the customs of the new country. They have successfully adjusted to the new country.

## 4. Biculturalism

The fourth stage, representing fully recover. Foreign students become accustomed and comfortable with the people, culture, food and language of the host country. Therefore, the different food, habits, and the criterion of the new country seem usual at this point. It is called the recovery because foreign students have

accepted a new culture, such as recovering from some symptoms begins to feel good again.

## **2.4 Socio-Cultural Adaptation**

Socio-cultural adaptation refers to “a set of external psychological outcome that connect individuals to their unique environment, particularly their ability to deal with daily problems, particularly in the areas of family life, work and school” (Berry, 2001). This concept related to people’s feeling, but the feeling is closer to how well they can work in the new environment (Ward, C., and Anthony, K., 2001). Psychologist John W. Berry refers that socio-cultural adaptation is affected by age, gender, education, cultural difference, life change and social support. The affected in socio-cultural adaptation are:

1. Age is believed to affect the process of adapting (Berry, 2001). As a rule, the process of cross-cultural adaptation to a new society is easier for youth people. Nevertheless, older individuals normally faced more problems and conflicts (Leung, 2002).
2. Gender is a variable factor (Berry, 2001). Interestingly, a woman may face more risks than man (Crystal, 2003). Nevertheless, the scope of this point depends generally on the differences is the social status of woman between the two societies.

3. Education is shown as a positive component for adapting to new cultural environments (Berry, 2001). Normally, a person who have higher education adapt better with new situations and have lower stress than their less educated counterparts.
4. Cultural difference refers to “how different the two cultures are in language, religion and etc.” (Berry, 2001). Mostly, the more different culture between the origin country and the host country individuals experience, the more conflicts they encounter (Ward, C., and Anthony, K., 2000).
5. Life change normally includes food, habits, emotion, weather, transportation and lifestyle (Berry, 2001). Mostly, as a resident in a new country, people need to work on their own. They face a larger risk of being an obstacle if their living style is an enormous dissimilar from their own (Oatey and Xiong, 2006)
6. Social support is a social cooperation amongst individuals and the people living in the new environment (Berry, 2001), the social interaction includes the relationship with local people and the other nationality (Oatey and Xiong, 2006)



## **2.5 Adaptation Strategies**

Foreign students have to adapt to a new culture. Therefore, they can overcome the obstacles faced with a culture shock. Samovar, et al., (2009) state that there are three adaptation strategies:

### **1. Making Personal Contact with the Host Culture**

Making personal contact is the great way to adapt to a new culture and getting involved with people will add deepness to understand the host culture and can learn about the cultural difference.

### **2. Learning about the Host Culture**

Learning about the host country as much as possible is a good preparation. It is a great way to learn about the host culture, such as making an effort to learn the culture through information, travel forums, guidebooks, and consulting with a person who has cultural experience.

### **3. Participating in Cultural Activities**

The best tip to learn about a new culture is to be an active participant in that culture, such as foreign students can attend social activities and cultural events. Therefore, they should try to step out into comfort zone and get involved in the local community to become fully immersed in a new culture.

## **2.6 Foreign Students**

The foreign students are foreigners who study in an educational institution in Indonesia. In this study, foreign students are foreigners who study at the University of Brawijaya. They come from some countries, such as South Korea, Timor Leste, Madagascar, Vietnam, Tajikistan, India, Thailand, Sudan, and Ukraine. Those students join BIPA (Bahasa Indonesia Untuk Penutur Asing) in University of Brawijaya. BIPA is a scholarship of Darmasiswa Program to foreign students to study in Indonesia for one year.

Darmasiswa program is non-degree scholarship program offered by the Indonesian government to foreign students from countries which have diplomat relations with Indonesia to study Bahasa Indonesia, arts, musics, crafts and particular subject in selected Indonesian higher education institution in different cities in Indonesia.